



I'm not robot



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In a recent clinical trial in patients with Inflammatory Bowel Disease, researchers found that certain foods from their diet were great to include in your diet that will help regulate your immune system and your hormones. If you are new to the Autoimmune Protocol and are wondering which foods to eat and avoid, I have some handy print-out guides here! AIP isn't necessarily easy – it definitely takes commitment. If you are looking for more, by using food as medicine, autoimmune protocol (AIP) followers are able to reduce troublesome symptoms and heal underlying imbalances by reducing inflammation and healing gut dysfunction. It's been shown to reduce symptoms and improve quality of life for inflammatory bowel disease and autoimmune thyroid disease patients. The Paleo Autoimmune Protocol (AIP) eliminates certain primal foods that can sometimes trigger inflammation in people with autoimmune disease (dairy, eggs, nightshades, nuts and seeds). The autoimmune protocol diet (AIP) is based on the Paleolithic (Paleo) diet and consists of a three-phase elimination protocol two-week meal plan. These foods have been shown in research to exacerbate "leaky gut," and removal promotes gut healing. By using food as medicine, autoimmune protocol (AIP) followers are able to reduce troublesome symptoms and heal underlying imbalances by reducing inflammation and healing gut dysfunction. The Autoimmune Protocol, or AIP, is a science-based diet and lifestyle intervention for autoimmune disease. A couple of things before we start: links for downloading this meal plan! If you have an autoimmune condition and you want to get on top of it, then you're going to need to know which foods are avoided? In a nutshell, during the elimination-phase of the Autoimmune Protocol a person would remove all grains, legumes, eggs, dairy, nuts, seeds, nightshade-family vegetables as well as food additives and chem. It'll be handy to keep in your pantry or kitchen to know what you can and cannot eat while on the elimination part of the Autoimmune Protocol. The AIP Diet is Worth a Try. If you have an autoimmune disease and haven't seen any symptom relief from a basic elimination diet like the Paleo diet, the autoimmune protocol diet is a worthwhile option. This resource was created for all the people we've heard from on how helpful the plans are. WHAT TO EAT ON THE AUTOIMMUNE PROTOCOL. The Paleo Autoimmune Protocol (AIP) eliminates certain primal foods that can sometimes trigger inflammation in people with autoimmune disease. What is the autoimmune protocol diet? The Autoimmune Protocol is an elimination and reintroduction protocol that has been specifically designed to help those suffering from autoimmune disease. Autoimmune Protocol Food List. The diet focuses on a nutrient-dense intake and eliminates inflammatory and allergenic foods. Autoimmune Protocol Food List Printable PDF. If you want a printable version of this AIP Food List, you can grab one in my Paleo & AIP Freebie Library under the AIP section.